



Reiki, Técnicas de Autocuración (Alternativas) (Spanish Edition)

Chang Tsung Li

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El reiki es una de las terapias más prácticas y sencillas que tenemos a nuestro alcance. En los tiempos que corren, donde la inmediatez y el exigente ritmo de vida nos obligan a estar muy ocupados, el reiki se nos brinda como un acceso rápido y efectivo hacia la solución de problemas. Con reiki, podremos dar cauce a un desequilibrio emocional, calmar las tensiones diarias, disminuir los niveles de estrés, mejorar un cuadro patológico, salir de una enfermedad, descansar en medio de la vorágine laboral, aumentar nuestra capacidad de autocuración, sentir mayor armonía y bienestar... Porque, a pesar de que la sanación por imposición de manos se remonta a tiempos inmemoriales, no ha perdido vigencia e incluso se adapta perfectamente al estilo de vida moderno: el reiki es portátil, discreto y autoaplicable.

En este libro, el lector podrá no sólo comprender el significado profundo del reiki sino también utilizarlo en función de sus necesidades. Aprenderá, a partir de utilizar sus manos como canal de transmisión energética, a traspasar energía vital desde el exterior hacia el interior de su organismo. Comenzará a transitar un camino amplio, donde la aplicación de este procedimiento natural de curación que es el reiki representa sólo un costado del sendero: quienes abarquen todo el camino se iniciarán en una búsqueda de autoconocimiento más amplia que la autocuración y, quizás, decidan abrirse al reiki-do como forma de vida.

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